

## Vegan Lunchbox Ideas for Kids Heatherriggleman.com

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<b><u>PB &amp; Jelly (Sushi Roll style)</u></b>	<b>Baby Carrots</b>	<b>Whole strawberries</b>	<b>Water</b>	<b>1/4 cup almonds</b>
<b><u>Apple Pecan Pizza</u></b>	<b>celery sticks &amp; <a href="#">ranch dip</a></b>	<b>Grapes</b>	<b>Almond Milk</b>	<b>bagged popcorn</b>
<b>Almond Butter &amp; Banana Sandwich</b>	<b>Cuties / sugar snaps</b>	<b>Cutie slices</b>	<b>Apple Juice</b>	<b>Chex mix</b>
<b><u>Morning Glory Muffins</u></b>	<b>Broccoli heads and ranch dip / blueberries</b>	<b>Blueberries</b>	<b>Water</b>	<b>Kashi Fruit Bars</b>
<b><u>Sloppy Chicks</u></b>	<b>Cold corn on cob/ Orange slices</b>	<b>Orange slices</b>	<b>Almond Milk</b>	<b>Fruit Strip Snack</b>

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<b><u>Refried Bean Wraps</u></b>	<b>Corn</b>	<b>Grapes</b>	<b>Water</b>	<b>Chex Mix</b>
<b>Nutella &amp; Apple Slices</b>	<b>Carrots and Sugar Snap Peas</b>	<b>In main dish</b>	<b>Berry Almond Milk</b>	<b>Trail Mix</b>
<b><u>Pizza Roll</u></b>	<b>Strawberry/Kiwi Slices / Carrots</b>	<b>Kiwi &amp; Strawberry Slices</b>	<b>Water</b>	<b>Chocolate Pudding Cups</b>
<b>Strawberry Jam on Whole Wheat Bread</b>	<b>Cauliflower/baby carrots &amp; Catalina Dressing</b>	<b>Honey Dew Melon chunks</b>	<b>Apple Juice</b>	<b>Pretzels</b>
<b>Couscous with Peas</b>	<b>Bell Pepper Slices with Catalina Dressing</b>	<b>Apple Sauce</b>	<b>Chocolate Almond Milk</b>	<b>Edamame</b>

\* Cook couscous with organic veggie broth instead of water, add peas. It tastes great served warm or cold.

<u>Main Dish</u>	<u>Veggie</u>	<u>Additional Side</u>	<u>Beverage</u>	<u>Snack</u>
<u>Sesame Noodle Salad</u>	Baby Carrots	Apple Slices	Water	Fruit strip snack
Veggie Wrap with Hummus	Bell Pepper Sticks with Vegan Ranch Dip	Grapes	Coconut Milk	Trail Mix
Vegan Hot Dog on a Bun	Corn	Honey Dew Melon and Cantaloupe	Water	1/4 cup Cashews
<u>Veggie Chili</u>	Edamame	Mandarins	Apple Juice	Trail Bars
<u>Chocolate Zucchini Muffins</u>	Carrot Sticks, Cherry Tomatoes	Apple Sauce	Orange Juice	Whole grain crackers

\*For the wraps, I use whatever wrap or tortillas I have on hand and either make my own humus from scratch or use store bought. Simple and easy. Either place humus in a separate container or spread onto wrap, roll and slice into pinwheels.

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<u>Lentil Spaghetti</u>	Baby Carrots	Oranges	Water	Fruit strip snack
<u>Apple Quinoa Muffins</u>	Carrot, Celery Sticks with Cherry Tomatoes	Watermelon chunks	Berry Almond Milk	Applesauce
Whole Wheat Bagel with Strawberry Jam	Cucumber Slices with Vegan Ranch Dip	Blackberry & Raspberry mix	Apple Juice	<u>Goldfish Crackers</u>
<u>Crack Wraps</u>	Carrots & Sugar Snaps with Catalina Dressing	Kiwi & Strawberry Slices	Water	Chocolate Pudding Cups
<u>Brown Rice Black Beans &amp; Corn</u>	In Main Dish	Pineapple Chunks	Water	Trail Mix